



# Chatham County, NC

## Legislation Text

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**File #:** 24-5230, **Version:** 1

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Vote to approve the Aging Mastery Program Agreement with the National Council on Aging

Chatham County Aging Services is seeking approval to enter the Aging Mastery Program Agreement with the National Council on Aging in order to obtain the license to offer the Aging Mastery Program at the Pittsboro and Siler City Centers for Active Living. This agreement and the licensing rights granted will expire twenty-four (24) months after the effective date and will automatically renew for successive periods of one (1) year.

### **Discussion & Analysis**

The National Council on Aging (NCOA) is the nation's leading nonprofit service and advocacy organization representing older adults and the community organizations that serve them. NCOA works with local and national partners to give older adults tools and information to stay healthy and secure, and advocates for programs and policies to improve the lives of older adults. Consistent with NCOA's mission of improving the lives of millions of older adults, NCOA has developed an incentive-based educational program currently known as the Aging Mastery Program®, designed to provide seniors the education, information and resources they need to improve their health and wellness.

The Aging Mastery Program core curriculum covers ten topics including Navigating Longer Lives: The Basics of Aging Mastery, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention.

How does this relate to the Comprehensive Plan: This program will help to foster a healthy community for the older adults who call Chatham County their home.

Budgetary Impact: There is a one-time startup cost of \$3,500, as well as \$500 for an additional site license that will allow the program to be offered at both Centers for Active Living. Additionally, each participant kit costs \$60. Aging Services will utilize ARPA funds in order to purchase 80 kits initially. Once these kits have been utilized/distributed, Aging Services will use other senior center grant funds to cover this cost for future classes.

Recommendation/Motion: Motion to approve the Aging Mastery Program Agreement with the National Council on Aging.